

Confidential Helplines, Webchats, & other useful stuff

Child and Youth Mental Health Service : CYMHS

Cairns
4226 5280

Atherton
4091 0213

Mareeba
40929171

Innisfail
4016 1327

1300 MH CALL

1300 64 2255

24 hour specialist mental health care and access to acute phone support



Support and advice in a personal crisis (all ages)

13 11 14

www.lifeline.org.au



To talk to someone about anything that's going on in your life (5 to 25 years) (24hrs/7 days)

1800 55 1800

www.kidshelpline.com.au



Webchat (3pm-12am), email, online forums and phone support for young people (12-25 years) with a range of issues

1300 22 4636

www.beyondblue.org.au

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SUICIDE
CALL BACK
SERVICE

Support if you, or someone
you know, is suicidal (15
years and over)

1300 65 94 67



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in your life (5 to 25 years)
(24hrs/7 days)

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1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

National Sexual Assault,
Domestic
Family Violence,
Counselling service

1800 737 732



Monday to Friday
8am - 8pm
Saturday, 10am - 4pm

1800 050 321

www.familyrelationships.gov.au



Australia-wide anonymous,
LGBTIQA+ peer
support and referral
3PM to Midnight
365 Days a Year

1800 184 527

[www.qlife.org.au](http://www qlife.org.au)

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We're here for anyone in Australia concerned by eating disorders or body image issues

1800 33 4673

www.butterfly.org.au



Support for young people
and their grownups

www.parents.au.reachout.com



Carer support services assist individuals who may be affected by their role caring for someone with a mental health issue or disability.

1300 111 500

www.wellways.org

